



Having Fun & Staying Safe? It's Easy!

Physical Activity
Safety Tips



Physical Activity Safety Tip # 1

FUN IN THE SUN.

When you are swimming at the pool, lake, or ocean, know your limits. Remember, you will have to swim back and you can get tired before you know it.



Physical Activity Safety Tip # 2

DRINK UP!

When you're playing hard, make sure to drink plenty of water. That way, you'll be able to stay in the game.



Physical Activity Safety Tip # 3

SUN SAFETY.

Use screen with a sun protection factor (SPF) of 15 or more and slather it everywhere 30 minutes before you go outside. Put more on every few hours.



Physical Activity Safety Tip # 4

CHECK IT OUT.

Check out the conditions of the field or floor where you are playing and the surface you are riding on. If it's wet, slippery, bumpy, or has lots of traffic, find another day or place to play.



Physical Activity Safety Tip # 5

WATCH THE WEATHER.

If you see a storm rolling in, pack it up and head home.